

**Packet Handouts:**

- May 30, 2008 Meeting Agenda
- February 11, 2008 Meeting Minutes
- Letter for Donations for Nutrition and Physical Activity Sharing Forum
- Networking Activity: Worksite Wellness
- ~DSH Network News!~ Spring 2008
- Save the Date: Tuesday, August 12, 2008, 11:15 am- 1:30 pm
- Meeting & Taste Testing Evaluation Forms
- Veggie Tortilla Roll-up Recipe Card

**Sign-Up Opportunities:**

- DSHN, Committees & Worksite Wellness Toolkit Training

**Additional Member/Presenter/Guest Handouts:**

- Dairy Council of California- *Physical Activity and Nutrition*
- Healthy Fontana- *Healthy Cooking Class*, KATz Outdoor Fitness *Health and Fitness Boot Camp*, *Let's Get Cookin': A Recipe Guide to Healthy Eating!*, and *The Health of it...Healthy Eating & Active Living* flyers
- IEHP- *Inland Empire Disability Resources expo* flyer
- KATz Outdoor Fitness – *Zumba with Kat!*
- St. Francis Neighborhood Garden and Nutrition Education Program – *The Bumble Bee News Winter and Spring Issues and Community Garden and Nutrition Education Program* flyers
- Riverside Community Health Foundation – *Is your Chi in Check?*, *Asian American Health Conference*, *Health and Nutrition Workshop and Health Education Calendar April-June 2008* flyers
- DSHN Fact Sheet, Membership Application & Worksite Wellness Toolkit Training & Kit Overview flyer

Agenda Item	Discussion	Action
<b>Welcome, Introductions &amp; Ground Rules</b>	Sharon Nelson, Chair, and Eddie Martinez, former chair opened the meeting. Ground rules were displayed and reviewed by Sharon. Attendees were welcomed and round table introductions were made.	❖ See last page for a list of all 44 attendees.
<b>Review &amp; Approve February 11, 2008 Meeting Minutes</b>	Minutes reviewed by members. Motion to approve made by Eddie Martinez and seconded by Maureen Medina without any changes. All were in favor.	

<b>Mini Grantee Presentations</b>	<p>Heba Peters, Nutritionist for Preschool/Head Start for San Bernardino County presented.</p> <p>Peggy Dub, Grant Writer and Program Assistant for St. Francis Episcopal Church Community Garden and Nutrition Education presented.</p> <p>Presenters were given Healthy Fontana cookbooks provided by DeDe Benson</p>	<p>❖To obtain additional information on grantee activities, contact Heba Peters at 909-383-2049, <a href="mailto:hpeters@psd.sbcounty.gov">hpeters@psd.sbcounty.gov</a> or Peggy Dub at 909-862-3014, <a href="mailto:mdub@hss.sbcounty.gov">mdub@hss.sbcounty.gov</a></p> <p>❖To purchase a Healthy Fontana cookbook, contact DeDe Benson at 909-350-6541, <a href="mailto:dbenson@fontana.org">dbenson@fontana.org</a></p>												
	<p>Jeanne Silberstein provided background information on the mini-grant program for non-USDA/FSNE funded CBO’s. Grants are for a max of \$4999 and applications are due in May. She acknowledged Mini-grant committee members: Sue Gengler, Eddie Martinez, Ninfa Delgado, Betsy Ennis, Pamela Sampson, Sandy Keirns and Melodee Lopez.</p>	<p>❖ For more information regarding mini-grant process contact Sandy Keirns at (909) 387-9173 or email <a href="mailto:Skeirns@dph.sbcounty.gov">Skeirns@dph.sbcounty.gov</a></p>												
<b>Physical Activity</b>	<p>Physical activity was led by Katherine Davis, Owner/trainer, KATz Outdoor Fitness. Everyone got up and did Zumba with Kat.</p>	<p>❖For more information, visit Kat’s website at <a href="http://www.InlandEmpireZumba.com">www.InlandEmpireZumba.co</a> or call her at (909) 900-3261</p>												
<b>Recognition Awards</b>	<p>Pamela Sampson explained that members that achieve <i>Active Membership</i> status have attended at least 50% DSHN and 50% Committee meetings. The following members were recognized as active members, and those in attendance were awarded with a <i>Network for a Healthy California—Champions for Change Everyday Healthy Meals</i> recipe cookbook:</p> <table><tr><td>Jennifer Briggs</td><td>Melina Corral</td></tr><tr><td>Paula de Silva</td><td>Elisa Guichard</td></tr><tr><td>Monica Haag</td><td>Teslyn Henry</td></tr><tr><td>Rev. Bronica Martindale</td><td>Eddie Martinez</td></tr><tr><td>Sharon Nelson</td><td>Tracy Schraeder</td></tr><tr><td>Rodney Taylor</td><td></td></tr></table>	Jennifer Briggs	Melina Corral	Paula de Silva	Elisa Guichard	Monica Haag	Teslyn Henry	Rev. Bronica Martindale	Eddie Martinez	Sharon Nelson	Tracy Schraeder	Rodney Taylor		<p>❖To become an <i>Active</i> member, attend at least two DSHN meetings a year, join a DSHN committee and attend at least 50% of your committee’s scheduled meetings</p> <p>❖Visit the website at <a href="http://www.cachampionsforchange.net/en/Recipes.php">http://www.cachampionsforc</a> <a href="http://www.cachampionsforchange.net/en/Recipes.php">hange.net/en/Recipes.php</a> to download the <i>Network</i> cookbook for free</p>
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<b>Networking Activity: Worksite Wellness</b>	<p>Pam led members in the DSHN Networking Activity. Members divided into six groups and discussed successful and <b>un</b>successful worksite wellness activities. Members also offered to share resources with other organizations to help move worksite wellness efforts forward.</p>	<p>❖Members will implement ideas and utilize resources obtained from networking activity at their worksites</p>												

<p><b>Member &amp; Guest Announcements for Future Events</b></p>	<p><b>Upcoming Events &amp; Announcements:</b></p> <p><b>Sharon Nelson</b> Four <b>Relays for Life</b> events are scheduled in Highland, La Sierra, Ontario, and Victorville. The <b>Access to Care Forum</b> is August 27 at St. Bernardine's Medical Center. <b>Colores del Cancer Conference</b> for Spanish speakers takes place July 19th at Villegas Park.</p> <p><b>Ninfa Delgado</b> Eight free Tai Chi classes will be held during the month of June. The <b>Asian American Health Conference</b>, a free health conference targeting Asian-American population, is scheduled for June 28th in Riverside. A <b>Health and Nutrition Workshop</b> with free screenings will take place at St. Catherine of Alexandria Church in Riverside on June 8th.</p> <p><b>Valerie Comeaux</b> The <b>Fit-n-Healthy Business Nutrition and Physical Activity Sharing Forum</b> &amp; DSHN Toolkit Training will be held on August 20, 2008. Valerie stated the donation letter (provided in today's packet) was sent to several local businesses, and the Request for Sharing application was sent to past DSHN Worksite Wellness Toolkit training attendees.</p> <p><b>Astrid Mickens</b> The <i><b>Fruit/Vegetable and Physical Activity Toolkit</b></i> for Community Educators is finally here. The toolkit provides invaluable resources for community agencies looking for materials to conduct their nutrition education classes. The toolkit can be obtained by attending the interactive workshop scheduled for Thursday, July 31st 10 AM - 12 PM at San Bernardino County Department of Public Health or by downloading from the <i>Network</i> website.</p> <p><b>Leticia Salazar Allen</b> <i>Network for a Healthy California—Latino Campaign</i> is de-branching from DSHN meetings in order to expand. Dates for meetings will be announced.</p> <p><b>Eddie Martinez</b> announces Communications Committee' newsletter and title contest.</p>	<ul style="list-style-type: none"> <li>❖For more information, contact Sharon at (951) 300-1205, <a href="mailto:Sharon.Nelson@cancer.org">Sharon.Nelson@cancer.org</a></li> <li>❖For information, see flyers or contact Ninfa at (951) 788-3471, <a href="mailto:ninfa@rchf.org">ninfa@rchf.org</a></li> <li>❖DSHN members interested in donating items for the forum, please contact Josette Quinn at 951-358-5985, <a href="mailto:jharris@co.riverside.ca.us">jharris@co.riverside.ca.us</a></li> <li>❖For information or to register to attend the forum, contact Valerie at (951) 358-5385, <a href="mailto:vacomeeaux@riverside.ca.us">vacomeeaux@riverside.ca.us</a></li> <li>❖To sign up for the workshop and free toolbox, please contact Astrid at (909) 387-0173, <a href="mailto:amickens@dph.sbcounty.gov">amickens@dph.sbcounty.gov</a></li> <li>❖To download a copy of the toolbox visit the website at <a href="http://www.network-toolbox.net/GreenGrocer.asp">http://www.network-toolbox.net/GreenGrocer.asp</a></li> <li>❖For information on the campaign, contact Leticia at (909) 387-6851 or <a href="mailto:lsalazar@dph.sbcounty.gov">lsalazar@dph.sbcounty.gov</a></li> <li>❖Contact Julie Mortimore for your title suggestion at 909-387-6331 or <a href="mailto:jmortimore@dph.sbcounty.gov">jmortimore@dph.sbcounty.gov</a></li> </ul>
<p><b>Next Meeting Date, Evaluations &amp; Thank You</b></p>	<p>Members were thanked for attending and reminded to complete their evaluation forms. Meeting was adjourned by Sharon Nelson, Chair.</p>	<p>❖Next DSHN meeting date is scheduled for <b>Tuesday, August 12, 2008 from 11:15am-1:30pm</b> in Riverside</p>

## **Forty-Four were in Attendance - 34 Members & 10 Guests**

(Conference line was not available at this site)

Akers, Elaine – San Bernardino Valley College  
Allen, Leticia Salazar – San Bernardino County DPH/*Network for a Healthy California—Latino Campaign*  
Benson, DeDe – City of Fontana/Community Services Department  
Briggs, Jen - American Cancer Society  
Burnett, Traci - City of San Bernardino/Parks & Recreation  
Coetzee, Dori – Dairy Council of California  
Collins, Nicole – City of Fontana/Healthy Fontana  
Comeaux, Valerie – Riverside County DPH/ *Network for a Healthy California—Worksite Program*  
Davis, Katherine – KATz Outdoor Fitness Inc.  
Delgado, Ninfa - Riverside Community Health Foundation  
DeLuna, Maria - Riverside County DPH/Nutrition Services  
Dhason, Melani - SB County DPH/*Network for a Healthy California—Children's PowerPlay! Campaign*  
Donald, Andrea - Riverside County DPH/ *Network for a Healthy California—Children's PowerPlay! Campaign*  
Dub, Peggy - St. Francis Episcopal Church  
Flati, Beckie Morre- American Cancer Society/Border Sierra Region North  
Gengler, Sue- Inland Empire Health Plan (IEHP)  
Guichard, Elisa - San Bernardino County DPH/Project LEAN  
Haag, Monica - San Bernardino County DPH/CHDP/Childhood Lead Poisoning Prevention Program  
Haugh, Erin - San Bernardino County DPH/You CAN! Program  
Hernandez, Ralph – Latino Cultural Consultant  
Limon, Claudia - Riverside County DPH/*Network for a Healthy California—Latino Campaign*  
Martinez, Eddie - Desert Sierra Health Network  
Glenda Martin-Robinson - City of San Bernardino Park & Recreation Community  
McField, Edward - Latino Health Collaborative, Inc.  
Medina, Maureen - San Bernardino County DPH/*Network for a Healthy California—Latino Campaign*  
Micken-Williams, Astrid - SB County DPH/*Network for a Healthy California—African American Campaign*  
Mortimore, Julie - San Bernardino County DPH/*Network Media Advocacy*  
Nelson, Sharon - American Cancer Society  
Overstreet-Murphy, Penni - San Bernardino County Fire Department  
Peters, Heba – San Bernardino County DPH/Preschool Services/Head Start  
Sampson, Pamela - San Bernardino County DPH/DSHN  
Seidman, Dan – San Bernardino City Unified School District  
Silberstein, Jeanne - San Bernardino DPH/Nutrition Program

### **Guests**

Espinoza, Gilbert – Riverside Community Health Foundation  
Foote, Alyson – San Bernardino County DPH/WIC Program  
Napoles, Maria – San Bernardino County DPH  
Omogbai, Clara – Inland Agency  
Rivera, Cynthia – Riverside County DPH/Nutrition  
Rose, Scott – San Bernardino County/Environmental Health Services  
Sit, Pamela – San Bernardino County DPH  
Tafoya, Reme - Reach Out West End  
Vargas, Elvia – San Bernardino County DPH  
Villatoro, Sandy – Reach Out West End